

Integral treks: equipment list for hiking

What we will provide (yours to keep):

- “before you go” kit, including this equipment checklist and study materials
- water and re-usable bottle, bag lunch (with gorp) for the hike, and warm supper cooked on site at day’s end
- trash bag (doubles as your lunch bag)
- hand sanitizer, sanitizing wipes, and face mask
- journal workbook and pencil
- “after you return” kit, including study materials to continue your journey after the course

What we will have available for use:

- first aid kit
- moleskins for blisters
- insect repellents (natural, picaridin, permethrin)
- extra pencils

Basics you will need to bring:

- shoes or boots suitable for hiking
- comfortable clothing for hiking, preferably lighter layers that can be added or removed as needed
- sunglasses
- sunscreen, lip balm
- sun hat
- bandana
- lightweight rain/wind shell
- personal items (Rx medications, contact lens supplies, aspirin/advil/tylenol, etc.)
- your completed “before you go” journal writings
- MedSheet (see included template) and photo ID
- small backpack/daypack

notes:

Avoid cotton socks, go with synthetic/wicking or wool. Blue jeans (denim in general) are annoyingly hot on hot days, dismayingly un-insulating on cool days, and take forever to dry when wet. Lightweight long-sleeved shirts work well against bugs (this *is* Wisconsin, there *will* be mosquitoes, biting flies, etc.).

Optional items you may want to have along:

- insect repellent if you have a favorite and/or do not want to use ours. We will have essential-oil-based general repellent (non-DEET, eucalyptus, lemongrass, lavender, citronella, vodka carrier), picaridin for biting flies, and permethrin to spray on pant legs for ticks.
- insulating layer (bring it along, you can always leave it in the car if it's a warm, clear, sunny day)
- camera
- binoculars
- cell phone (only for taking pictures during the course of the day, please)
- pedometer, fitbit, etc
- hiking staff
- small umbrella (for sun or rain)
- preferred writing instrument if you don't want one of our plain old pencils!

Generally accepted trail etiquette:

- Stay on the trail.
- We're a group, which means that individual hikers get the right of way.
- Hikers going uphill get the right of way.
- "Giving the right of way" means stepping to the side as much as possible to let the other hikers pass. Look for a place to step off without harming any living things along the trail. During Covid-19, go for 6 feet. If not possible, put on your facemask.
- Leave no trace: *all* trash gets packed out.
- The merciless killing of mosquitos and biting flies is encouraged.